



# European Salad

**Prep time:** 30 minutes

**Makes:** 4 Servings

Delightful mix of fresh salad fixings topped with sautéed chicken and a light, flavorful raspberry vinaigrette. Save time by using a blender to make the vinaigrette and purchasing packaged salad blends, pre-cut chicken, and vegetables.

## Ingredients

**12 ounces** chicken breast (pre-sliced)

**1/4 teaspoon** salt

**1/4 teaspoon** ground black pepper

**2 teaspoons** olive oil

**3** green onions (sliced)

**1** large yellow bell pepper, cut in strips (about 1 1/2 cups)

**16** cherry tomatoes

**1** 10-oz package European blend salad greens

**1 1/2 cups** whole grain croutons (about 24 croutons)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>240</b>
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	45 mg
Sodium	450 mg
Total Carbohydrate	21 g
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars included	1 g
<b>Protein</b>	<b>20 g</b>
Vitamin D	0 mg
Calcium	80 mg
Iron	3 mg
Potassium	79 mg

N/A - data is not available

## MyPlate Food Groups

	Fruits	1/4 cup
	Vegetables	1 1/2 cups
	Grains	1/2 ounce
	Protein Foods	2 ounces

fresh ground pepper, to taste

For the vinaigrette:

**3/4 cup** frozen raspberries, thawed

**1 tablespoon** olive oil

**2 tablespoons** cider vinegar

**1 teaspoon** sugar

**1/4 teaspoon** garlic salt

**1/4 teaspoon** oregano

**1/4 teaspoon** ground black pepper

## Directions

1. Place all vinaigrette ingredients in a blender, blend until smooth; set aside. (Note: vinaigrette can be made ahead and refrigerated.)
2. Season chicken with salt and pepper.
3. Heat olive oil in a large skillet.
4. Sauté chicken until cooked thoroughly; remove from pan, and let cool.
5. Slice onions.
6. Toss cut vegetables with European blend salad greens.
7. On individual serving plates, top salad with chicken and croutons, drizzle with dressing, and finish with fresh ground pepper, if desired.

## Notes

Serving Suggestions: Serve with fruit, non-fat milk, and whole grain bread.

**Source:** Produce for Better Health Foundation